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**HEMORRHOIDECTOMY
POST OPERATIVE INSTRUCTIONS**

PATIENT NAME: _____

1. Warm baths (sitz) at least 4-5 times a day and warm sitz bath or warm shower after each BM.
2. Take 2 Stool softeners twice a day.
3. Mineral oil 1 Tablespoon in juice daily.
4. Take a mild laxative, prune juice, etc. as needed to help regulate BM's daily (avoid diarrhea and constipation).
5. No strenuous activity, heavy lifting, exercise, etc. until you return for your post-op visit.
6. Return to work after 3-5 days post-op (light duty).
7. Some drainage (light bloody or yellow) may continue for 10-14 days post-op (wear a pad as needed).
8. Apply Nupercainal (or Americane) ointment to rectal area several times a day, this will help reduce immediate post-op burning.
9. Notify Dr. Berlin of any elevated temperature of greater than 101, difficulty urinating, excessive pain, bleeding or swelling.
10. If pain medication has been prescribed, take with food. Remember, all pain medicines are constipating and you need to minimize constipation post-op.
11. Resume routine medications and diet, but avoid hot peppers, etc.). NO Metformin (Glucophage) for 48 hours post-op.

FOLLOW-UP APPOINTMENT ON _____ AT _____